



Infant/ Toddler Info/ Tattler

Early Intervention Services News

August 2004

EDIS Early Intervention Team Newsletter

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Lazy Summer Days

Educational and Developmental Intervention Services

Early Intervention Services
Arnn Elementary School
Sagamihara Housing Area
267-6545

and
Bldg. 989, Rooms 125 & 126,
Shirley Lanham
Elementary School,
NAF Atsugi
267-6545

Guess What????!! This newsletter is now
available online at:

www.atsugi.navy.mil/medical/EDIS/index.html

IT² is a free publication. For additional
copies, questions or comments, please
contact us at either of the numbers listed
above



New Parent Support Groups

SHA: Thursdays 930-1130
Child Development Center
Zama: Tuesdays 930-1130
Chapel Child Care Area
For more information,
call 263-8087

Developmental Screening

Bring your children for our free
screening, whether you have
concerns or are just curious.

September 23, 800-1200
E.D.I.S., Shirley Lanham
Elementary School Atsugi

Lecture on ADHD (and related topics)

Dr. Pratt, a child psychiatrist
from Yokosuka Naval
Hospital will be presenting a
lecture, on ADHD and other
issues including, medication,
and bi-polar disorder.

September 9th, 2004
1730-1930
ACS Building 402
Camp Zama

Autism Support Group

EDIS sponsors a supportive
parents group for parents of
children diagnosed with autism
spectrum disorders. Please call
267-6545 for information.

ICC Volunteers Needed

The Interagency Coordinating
Committee is looking for parent
volunteers. Any parents that wish
to participate on this committee
please call 267-6545 for more
information.

KID'S CARE

A parent's guide for kids of any age: Tips on Eating

Parents have the most influence
over their children's eating habits
before the age of 5. So the earlier
you start, the better. But here are
some tips, based on research by
Leann Birch, PhD, for raising
healthy, slim eaters no matter how
old your kids are.

BE A GOOD ROLE MODEL:
Pressuring kids to eat their
vegetables is not nearly as
effective as eating them yourself.
This goes for everything parents
do, from eating healthy foods and
staying active (do) to snacking in
front of the TV (don't). Mothers
are especially important models of
healthy eating for their daughters.

Don't reward with food: "Foods
that are used as rewards will

become more preferred, and typically they're foods that tend to be high in sugar or salt," Birch explains. She suggests using inedible rewards instead, such as praise, an outing, or time with parents.

Wait on dessert: If you must serve something sweet, do so later in the evening, so it's not part of the meal. This way, getting dessert isn't connected to what a child has eaten for dinner. Instead of being a reward, it becomes a "sometimes" treat.

Make the TV room, a no-food zone: In a Tufts University study, researchers linked overweight children to TV, not only because of the lack of activity-although that's part of it-but because of the high calorie snacks they tend to eat while watching. When watching TV becomes a normal part of meal routines, families consume fewer fruits and vegetables and more pizza, snack foods, and soda.

www.prevention.com

FUN WITH FOOD

Frozen Grapes

Place washed grapes on a cookie sheet with spaces between each one. Cut them in half to avoid choking. Freeze. When frozen, place in a plastic bag. Eat frozen.

Frozen Banana Pop

Cut banana in half horizontally. Carefully push one popsicle stick into each banana half. Freeze. Serve directly from freezer.

THE READING RUG

(All books available at Amazon.com)

This month's featured books are:

We're Going on a Bear Hunt:

"We're going on a bear hunt. We're going to catch a big one. What a beautiful day! We're not scared." So begins Michael Rosen's award-winning read-aloud romp. The book uses many descriptions that are fun to act out as the hunt takes place.

Counting Kisses: A Kiss and Read

Book: With buoyant cartoons

rendered in a bouquet of vibrant pastel tones, Katz creates an irresistible book. At first, however, the baby in the story is anything but smiling; that's why her family tries to woo her into sleep with a countdown of kisses on every darling part of her body.

PARENTING TIME

FEEDING LESSONS: There's a secret weapon to help keep your kids slim in a super size world:

YOU!

Try It, They'll Like It

One of the earliest and most important jobs parents have is exposing children to a variety of foods. "If children grow up in a family where they've never been served broccoli, they're not going to be likely to eat it," says Birch. The more variety kids have in their diets, the greater the odds that they might choose grilled salmon over macaroni- and- cheese. Children have to *learn* to like other flavors, and how successful they are depends heavily on their parents.

Most of us have witnessed the yellow squash oozing back out of a child's mouth after one taste. In general, kids reject unfamiliar or new foods. "If you want your child to accept a variety of foods, you have to offer them, and you have to offer them repeatedly," Birch says. For vegetables and other foods that aren't sweet, her research has shown that this may require feeding kids the same food, 5, 10, or as many as 15 times before they like it. Put the broccoli or peas on the plate, but don't force them to eat it. Pressuring kids to eat certain foods can lead them to avoid and dislike them.

Serve Kiddie Portions

Research at the University of North Carolina found that Americans are super sizing at home: Between 1977 and 1996, portion size for some junk foods jumped by about 100 calories or more. So it should come as no surprise that parents often inadvertently serve their kids too much food, sometimes two or three times more than they need. Another study revealed that younger kids eat according to

whether they're hungry or not, regardless of how much food is on their plate. But for kids over the age of 5, as the portion size got larger, so did the amount they ate.

Another problem with feeding kids oversize portions is that it leads to pressure at the dinner table. This sends the message to the child not to trust her own hunger cues, but to eat because the food is on the plate and her parents (not she) know how much is enough.

A good rule to follow for preschoolers is that they only need 1 tablespoon of any given food for every year of age. Two tablespoons of peas for a 2 year old doesn't sound like a lot, but it's plenty. One of the best ways to bring down portion size, Birch says, is to serve dinner family style by placing the pasta and vegetables in bowls or platters with serving spoons, and let kids serve themselves. When they do, kids actually end up taking more age-appropriate portions instead of the inflated, oversize ones parents and restaurants pile on. Plus, says Birch, "kids, particularly preschoolers, really like being independent."

CRAFTS

Sponge Painting

One use for cut-up sponge pieces is in printing activities. Include these pieces of sponge, cut into varied shapes in your printing supplies. For summer printing, include bright colors of tempera paint along with the sponge pieces. Be sure to include yellow and white tempera paints for those who are inspired to print "dandelion-like" designs.

Body Painting

Put children in old bathing suits and let them paint each other with body paints made from no-tears shampoo and a little food coloring. When the works of art are finished, simply rinse them off with a hose or a bucket of warm water. (food coloring may stain some fabrics, so you will want to test the "paint" on an inside seam first.)